

Topic:

## Take the Sting Out Of Outdoor Work

When working outdoors, you may encounter a variety of insects that can bite or sting. These bites and stings can transmit diseases, cause infection, and trigger allergic reactions. Some are also poisonous. Therefore, it is important that you know how to prevent and respond to these encounters while working outdoors.

In most cases, insect, tick, and spider bites will not lead to serious outcomes, but they can be uncomfortable.

- If you are bitten or stung,
  - Remove the stinger if there is one.
  - Treat itching with calamine lotion or hydrocortisone cream.
  - Apply ice to reduce swelling.
  - Monitor yourself for any more serious symptoms, but in most cases, this simple first aid will be sufficient.

Follow these tips for preventing bites and stings when working outdoors:

- Apply insect repellent, and always follow the label directions for safe use.
- Wear clothing treated with permethrin for extra protection. You can use permethrin spray and treat clothing yourself following the package directions. Don't apply permethrin directly to your skin.
- Wear long sleeves, long pants, socks, gloves, and fully enclosed shoes to cover your skin on your ankles and feet when working in taller grass or a weedy area.
- Tuck your shirt into your pants, and tuck your pant legs into your socks.
- Wear light-colored clothing because it makes insects easier to see.
- DON'T wear perfume or cologne when working outdoors because it may attract insects.